



# NEW FOOD PACKAGE COMING!

JANUARY 1, 2025

**PREGNANT**

## NEW OPTIONS:

- Trade juice for an extra \$3 for fruits & veggies
- Trade a half gallon of milk for 2 quarts of yogurt
- Trade eggs for peanut butter or beans

## OTHER CHANGES:

- 48oz of whole grains
- 64oz of juice instead of 96oz
- 10oz of fish
- 16qts (4 gal) of milk

Talk to a WIC staff member to have these items changed on your benefits



Food Item	Old	New
Milk	5.5 gallons	4 gallons
Juice	96oz	64oz
Whole Grains	0oz	48oz
Fish	0oz	10oz

All other food items will remain the same

